

## Questions

Q: How can I really help?

A: You can help to keep things calm and remember



de-escalation at all times.

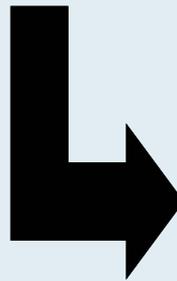
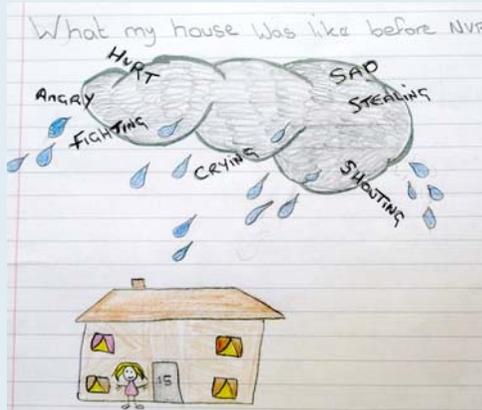
Q: Will my brother or sister get angry with me if I 'tell on them' if they have been violent?

A: They may do. You should talk to your parents or friends, calmly and quietly, about what has happened, so that they can sort it out using NVR. Try to avoid shouting "Mum, he hit me!"



## Remember

1. It does work! Lots of famous people have used NVR e.g. Martin Luther King and Gandhi.
2. Have hope that family life WILL get better - don't give up!



If you are interested:

- Read the NVR booklet for parents.
- Watch the 1982 DVD *Gandhi*.

# Non - Violent Resistance (NVR)

A guide for brothers and sisters



Using NVR in the family

## What is NVR?

- NVR stands for NON - VIOLENT RESISTANCE.
- It helps children who have violent, destructive or harmful behaviours.
- It helps your parents to stop your brother or sister's bad behaviour.
- It helps make family life better and realise that you all love each other.



## How does it work?

- It uses lots of different ideas which will be explained on the next page.
- These are **de-escalation**, **the announcement**, **the sit-in** and **reconciliation gestures**.

## De-escalation

Your parents will try not to shout at your brother or sister as this makes them more angry. They will not always 'give in' like they may have done before.

## The Announcement

Your parents will read out a piece of paper to your brother or sister explaining that their bad behaviour is making life horrible for all of you.

## The sit-in

After your brother or sister has behaved badly, your parents will go into their bedroom and tell them that they will not put up with that behaviour any more.

## Reconciliation gestures

your parents will try to form a better bond with your brother or sister. They may suddenly start giving them a bar of chocolate or taking them on a trip out.



## DO:

- Talk to others (family and friends) about how you are feeling.
- Support your parents and remember that they love you - they are trying to make family life better.
- Support your brother or sister - it is difficult for them too!



## DON'T:

- Interrupt during the announcement - your parents need to do this when it is quiet.
- Don't annoy your brother or sister on purpose!
- Be jealous of the reconciliation gesture. Your parents will make things fair for you too.